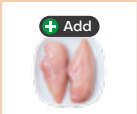




Carb Smart Southwest Bacon Salad

with Chipotle-Ranch Dressing

Smart Meal 25 Minutes



Chicken Breasts
2 | 4

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Bacon Strips
100 g | 200 g



Egg
2 | 4



Sweet Bell Pepper
1 | 2



Spring Mix
113 g | 227 g



Baby Tomatoes
113 g | 227 g



Corn Kernels
56 ½ g | 113 g



Feta Cheese, crumbled
¼ cup | ½ cup



Chipotle Sauce
2 tbsp | 4 tbsp



Ranch Dressing
2 tbsp | 4 tbsp



Southwest Spice Blend
½ tbsp | 1 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ingredient quantities 56 g | 113 g
2 person 4 person

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring cups, measuring spoons, paper towels, parchment paper, small bowl, small pot, strainer

1



Boil eggs

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- To a small pot, add **3 cups** (6 cups) **warm water**. Bring to a boil over high.
- Once boiling, reduce heat to medium-high. Using a spoon, lower egg into the boiling water. Cook for 7 min for a runny yolk or 9 min for a set yolk. ** Drain and rinse **egg** under cold water for 30 sec, until cool enough to peel. Peel, then cut **eggs** into quarter wedges. Season with **salt** and **pepper**.

2



Roast bacon

- + Add | Chicken Breasts**
- Meanwhile, on a parchment-lined baking sheet, arrange **bacon** in a single layer.
- Sprinkle **bacon** with $\frac{3}{4}$ **tsp** (1 $\frac{1}{2}$ **tsp**) **Southwest Spice Blend**.
- Roast in the **middle** of the oven for 12-14 min, until **bacon** is crisp and cooked through. **
- Transfer **bacon** to a paper towel-lined plate to cool.

3



Cook veggies

- Heat a large non-stick pan over medium.
- Meanwhile, core, then cut **pepper** into $\frac{1}{4}$ -inch pieces.
- When the pan is hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **peppers**, **half the corn** (use all for 4 servings) and **2 tbsp** ($\frac{1}{4}$ cup) **water**. Stir to combine. Cover and cook for 5-6 min, stirring occasionally, until tender. Season with **salt**, **pepper** and $\frac{3}{4}$ **tsp** (1 $\frac{1}{2}$ **tsp**) **Southwest Spice Blend**.
- Remove from heat.

4



Prep

- Meanwhile, halve **tomatoes**.
- Roughly chop **bacon**.

5



Finish and serve

- + Add | Chicken Breasts**
- In a small bowl, combine ranch and chipotle sauce.
- In a large bowl, add **half the chipotle-ranch dressing**. Add **spring mix** and **tomatoes** then toss to coat.
- Divide **salad** between bowls. Top with **pepper-corn mixture**, **eggs** and **bacon**.
- Drizzle **remaining chipotle-ranch sauce** over top.
- Sprinkle with **feta**.

Measurements within steps **1 tbsp** (2 **tbsp**) **oil**
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Roast chicken and bacon

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Arrange on an unlined baking sheet. Drizzle **1 tbsp** (2 **tbsp**) **oil** over top. Roast in the **top** of the oven for 14-16 min, flipping once, until cooked through. **

5 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**. Divide **salad** between bowls. Top with **pepper-corn mixture**, **chicken**, **eggs** and **bacon**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook bacon to a minimum internal temperature of 160°F, as size may vary, and cook eggs and chicken to a minimum internal temperature of 165°F, as size may vary.